

Student Health Survey Parental Notification Letter (ENGLISH)

Dear Parent/Guardian:

Our school is participating in the Student Health Survey (SHS), a survey sponsored by the Oregon Health Authority Public Health Division and the Oregon Department of Education. The survey will gather information about health risk behaviors of students in grades 6, 8 and 11. Sixth Grade students will take the survey on 11/7/22 and 8th Grade Students will take the survey on 11/8/22. The survey will be conducted online in the classroom and includes questions about:

- Student health and safety
- Student mental and behavioral health
- School climate and culture

Completing the Student Health Survey poses minimal risk to your child, who may feel embarrassed or uncomfortable answering some of the questions. Survey procedures have been designed to protect your child's privacy and allow for anonymous participation. If your child is not comfortable answering a question, he or she can leave it blank. While we encourage all students to participate, the decision to participate is voluntary. You may opt to send a refusal for your child's participation. Alternatively, your child will have the opportunity to refuse at the time of the survey or to not answer an individual question. There will be no action against you or your child if your child does not participate.

If you do not wish your child to take this survey, return this form to the school office by November 3rd. You need only return this form if you do not wish your child to participate.

Please see below for additional information. You can review the survey document at the school office before the survey date. The survey is also available on the Oregon Health Authority (OHA) Public Health website for you to review before the survey date at: healthoregon.org/shs

If you have other specific questions about the survey, please feel free to call **Olivia Johnson, FRMS Principal at 541-935-8230.**



I have read and understand that I need to complete, sign and return this form to the school front office **if** I do **not** want my child to take the Student Health Survey.

☐ My child does **not** have my permission to participate in this survey.

Student's Name: _____ Grade: _____

Telephone Number: (_____) _____ Date: _____

Signature of Parent or Guardian: _____

If you do not wish your child to take this survey, return this form to the school office before November 3rd. Sixth grade students will take the survey on 11/7/22 and 8th grade students on 11/8/22.

STUDENT HEALTH SURVEY FACT SHEET FOR PARENTS

Q: What is the goal of the Student Health Survey?

- A:** The Student Health Survey (SHS) is a collaborative effort with the Oregon Department of Education to improve the health and well-being of all Oregon students to help them succeed. Good health is an essential educational tool. No curriculum is brilliant enough to compensate for a hungry stomach or distracted mind. Trauma, hunger, mental health challenges, bullying and lack of access to necessary medical care make it difficult for Oregon youth to reach their full potential.

Research shows that healthy students have better attendance, get higher grades and test scores and are less likely to skip school, drop out or engage in risky behaviors. The Student Health Survey is the only source of statewide data that gives a snapshot of how students are doing physically, emotionally and socially.

Q: Will anyone know my child's answers?

- A.:** **No.** Your child's privacy (and yours) are protected. The SHS is an anonymous and confidential survey. We do not ask for any identifying information, and it not possible to link survey responses to a particular student, parent or family.

Q: How can I see the questions you're asking?

- A:** A copy of the questionnaires are available on the SHS website: healthoregon.org/shs or at the school's front office.

There are different questionnaires for 6th, 8th and 11th grade that contain age-appropriate questions. The SHS asks about resilience factors and risk behaviors that directly impact students' health and well-being, including:

- Support at school/school climate
- Positive youth development
- Emerging public health issues, such as e-cigarette use
- Food insecurity, nutrition and exercise
- Physical, emotional and mental health
- Injury prevention
- Sexual health relating to the prevention of unintended pregnancies and STIs
- Substance use (e-cigarettes, tobacco, alcohol, marijuana and prescription drugs)
- Demographics, including race, ethnicity and sexual and gender identity to assess health disparities

Q: Does asking these questions encourage the behavior/put kids at risk?

- A.** **No.** Research shows that asking youth about sensitive topics does NOT harm them and does NOT get them to try it. The Centers for Disease Control and Prevention (CDC) states that there is no evidence that simply asking students about health risk behaviors encourages that behavior. Some of the survey questions may be considered sensitive. Questions are age-appropriate and presented in a straightforward and sensitive manner. Students can choose not to answer any question that may make them uncomfortable.

Q. What if I don't want my child to participate?

- A:** We respect parents' decisions and have made it easy for you to opt your child out of the survey. Simply fill in the bottom of the parental notification letter (on the front of this letter), sign it and return it to the school's front office. The school will make sure your child does not take the survey.